

T Series

*LifeFitness*

Life Fitness offers a full line of premier fitness equipment for the home.

TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | LIFECYCLE® EXERCISE BIKES | GYM SYSTEMS

Where does your workout take you?

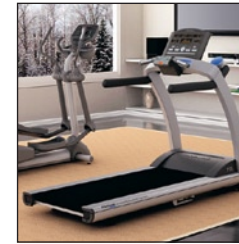
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LIFEFITNESS.COM



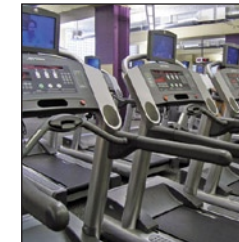
*LifeFitness*

TREADMILLS



## One step ahead

As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness understands what it takes to build fitness equipment that delivers results. Design. Ergonomics. Research. Testing. For more than 30 years, we have been putting more into our products so you can get more out of yourself.



## Health club quality at home

Bring home the health club experience with the [Club Series Treadmill](#) — the home version of our popular commercial model.



## Unequaled comfort

Feel the difference with the patented FlexDeck® Shock Absorption System, which reduces impact to the knees, back and joints by nearly 30% compared to non-cushioned treadmills. And our virtually indestructible Lifespring™ shock absorbers ensure every workout is as comfortable as the first.





*At first, I was following through  
on a promise.  
Now, I'm chasing a dream.*

CS

## Home sweet gym.

For some, the words “home” and “workout” don’t naturally go together. If you desire a gym-like experience from the comfort and convenience of home on a piece of machinery that rivals anything found in the world’s finest health clubs, we have a way for you to get there. The [Club Series Treadmill](#) — the ultimate home version of our high-end commercial model. Once you’re on one, it won’t feel like home anymore.



Club Series Treadmill

### Highlighted Features

Standard features on the [Club Series Treadmill](#) include the FlexDeck® shock absorption system, which reduces shock to joints by nearly 30% compared to non-cushioned treadmills. The 4.0 HP AC motor has a lifetime warranty and lets you run at speeds of up to 12 mph (20 kph). The console features a deluxe 16-character LED message center for easy readout. And for safe, effective cardiovascular workouts, the Lifepulse™ contact heart rate sensors deliver precise heart rate monitoring.

Club Series Treadmill
FlexDeck® shock absorption system
Lifepulse™ contact heart rate sensors
Polar® wireless heart rate monitoring
4.0 HP AC motor with a lifetime warranty
16 workouts; plus 7 personalized and 6 custom workouts
Workout Profile™ display with On-the-Fly programming
Overmolded Ergo™ front handlebar with flared sidebars
GoSystem™ one-touch Quick Start
5 HeartSync™ heart rate-controlled workouts
Spacious 60" x 20" running surface





ESD  
Environment Specific Design

## Designed with your home in mind.

The Life Fitness T5-0, T5-5 and T7-0 treadmills complement your life as much as they do your fitness goals. That's the guiding principle behind Environment Specific Design (ESD), a new approach to developing Life Fitness products. These machines build on the exceptional performance and durability of our best-selling health club equipment, but are uniquely designed for the home environment. Each incorporates a number of design and mechanical features that make it easier to establish and maintain a personal fitness program.



### Engineered for your performance.

There is a reason why Life Fitness is the number one brand of fitness equipment used by health clubs worldwide – unparalleled quality and performance. That same thinking goes into every Life Fitness home treadmill. Optimized with advanced biomechanical engineering, the T5-0, T5-5 and T7-0 treadmills include features that will help you get the most out of each workout.

- FlexDeck® shock absorption system for cushioning and support
- Heart rate monitoring for safe, effective training
- 10,000 Steps\* and other pre-programmed and customizable workouts
- My Treadmill feature stores personal settings and custom workouts
- Ergonomically-placed controls that are easy to use
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 60" x 22" running surface

\*T5-5 and T7-0 only, the 10,000 steps program is based on the ideal amount of steps that should be taken in one day.





*The words 'quit' and  
'impossible' are no longer  
in my vocabulary.*

T7<sub>0</sub>

## It's all about you.

Striking design aesthetics combined with unmatched customization and personalization options. The T7-0 is as unique as you are. From the adjustable FlexDeck® *Select* to programs that record and remember your every move, the T7-0 delivers a workout that is just what you want it to be. We designed it to be the perfect treadmill for the home. You design it to be the perfect treadmill for you.



T7-0

### Highlighted Features

In addition to its home-friendly elements, the T7-0's personalization options and training programs will motivate you to accomplish your fitness goals. The adjustable FlexDeck® *Select* shock absorption system allows you to set the firmness to match different outdoor conditions or preferences in your household. In addition to 18 pre-programmed workouts, four different users can create 7 custom workouts each, as well as track progress in existing exercise routines using the My Workouts™ program. Combined with quiet operation, enhanced ergonomics and sturdy construction for stability and durability, the T7-0 delivers the type of performance that will ignite your workout.

#### T7-0

- FlexDeck® *Select* adjustable shock absorption system
- Lifepulse™ contact and Polar® wireless heart rate monitoring systems
- Deluxe console with touch-sensitive controls and interactive lighting
- 18 workouts; plus 7 personalized and 7 custom workouts per user
- My Treadmill stores personal settings and custom workouts for 4 users
- Ergonomically-placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets
- 3.0 HP MagnaDrive™ motor system with 10-year warranty
- 5 HeartSync™ heart rate-controlled workouts
- Spacious 60" x 22" running surface

## Form, meet function.

Admire it, or workout on it? With the T5-5, one has trouble deciding. Certainly it's built for both. The clean lines. The quiet, smooth ride. The console's amber glow and intuitive controls. And an impressive suite of training programs and convenience features. All in all, a treadmill that combines the best of form and function.



Deluxe console and lower control pad



T5-5

### Highlighted Features

The T5-5 introduces advanced design enhancements that will change your workout experience. Right away, you'll notice the back-lit TouchSensor™ buttons, which are shaped, lit and programmed for easy, intuitive access during workouts. The control pad features digital readouts and speed and incline buttons for easy adjustment and monitoring. A workout profile window and six message areas provide feedback as you work through one of 15 pre-programmed workouts – or a personalized program you create yourself. Thoughtful features like a child-safety lockout, oversized dishwasher-safe cup holders, and sleek contemporary design make the T5-5 a welcome addition to your home.

#### T5-5

- FlexDeck® shock absorption system
- Wireless heart rate monitoring
- Deluxe console with touch-sensitive controls and interactive lighting
- 15 workouts; plus 7 personalized and 4 custom workouts per user
- My Treadmill stores personal settings and custom workouts for 2 users
- Ergonomically-placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets
- 3.0 HP MagnaDrive™ motor system with 10-year warranty
- 5 HeartSync™ heart rate-controlled workouts
- Spacious 60" x 22" running surface

## Sound design.

Designed specifically for the home, the T5-0 fits perfectly into your active lifestyle. Easy, uncomplicated controls make everything so simple. Push a button and you're off on one of a dozen pre-programmed workouts, or your very own custom fitness routine. What's more, the T5-0 is so quiet others in your household won't notice a thing. Except your improving physique.



T5-0

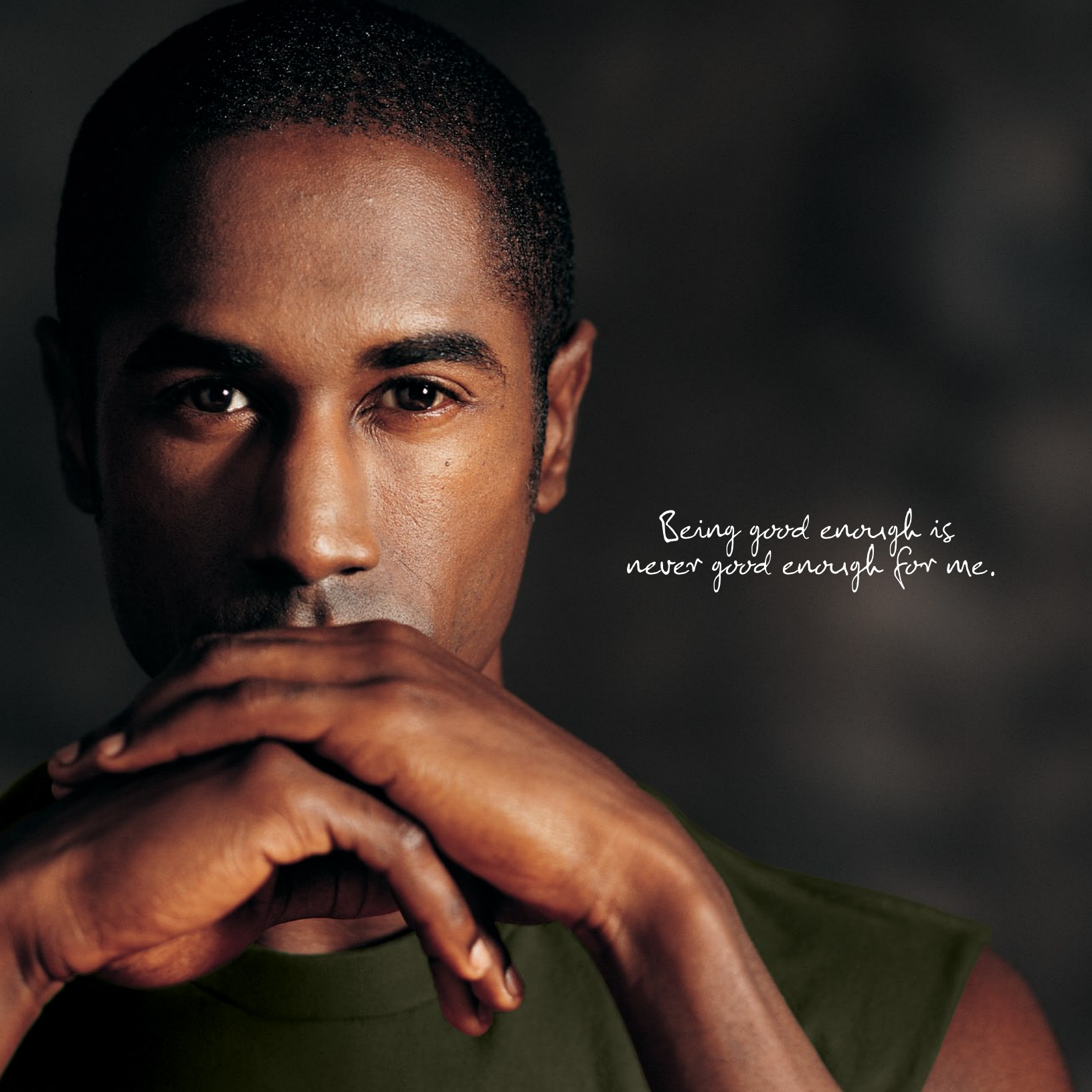
### Highlighted Features

The T5-0 provides a streamlined set of features to accelerate your fitness program. GoSystem™ Quick Start remembers your preferred walk, jog and run speeds, as well as three different incline positions. A control pad brings the buttons you use most often closer to you, and features oversized incline and speed buttons for easy adjustment while exercising. Underfoot, the quiet MagnaDrive™ motor system and patented FlexDeck® system with Lifespring™ shock absorbers provide consistent motion, and the proper support and flexibility to ensure each step is comfortable and well-cushioned.

#### T5-0

- FlexDeck® shock absorption system
- Wireless heart rate monitoring
- 12 workouts; plus 4 personalized and 1 custom workout per user
- My Treadmill stores personal settings and custom workouts for 2 users
- Ergonomically-placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets
- 3.0 HP MagnaDrive™ motor system with 10-year warranty
- 5 HeartSync™ heart rate-controlled workouts
- Spacious 60" x 22" running surface





Being good enough is  
never good enough for me.

T3<sub>0</sub>

## Get yourself started.

If you're serious about getting in shape and staying fit, the T3-0 is a great way to get started. Powerful, built to last, and so simple to use there's no wasted time getting into your routine. And with its FlexDeck™ shock absorption system, the T3-0 is kind to your joints even when you're going that extra mile. This is a treadmill engineered to turn your fitness plans into a reality.



T3-0

### Highlighted Features

Run to your heart's content knowing the 3-horsepower MagnaDrive™ motor will provide years of consistent, reliable operation. The T3-0's cushioned deck, easy to use controls, and wireless heart rate monitoring make exercise less taxing and more enjoyable. To keep things interesting, there are 12 workout programs, including five HeartSync™ workouts that automatically adjust your incline in 0.1% increments so you stay in your target heart rate zone. And with the GoSystem™ Quick Start, you can start exercising at the push of a button.

#### T3-0

- FlexDeck® shock absorption system
- Wireless heart rate monitoring
- 12 workouts, including 4 personalized workouts
- Ergonomically-placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 speed presets
- 3.0 HP MagnaDrive™ motor system with 10-year warranty
- 5 HeartSync™ heart rate-controlled workouts
- Dual, front-mounted accessory trays
- 58" x 20" running surface

Specifications

T-Series TREADMILLS

HEART RATE MONITORING	
Lifepulse™ digital heart rate monitoring system with DSP (Digital Signal Processing)	
Polar® telemetry heart rate monitoring (wireless chest strap included)	
WORKOUTS	
Number of workouts	
Classic workouts: Hill, Random, Manual	
HeartSync™ Workouts: Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	
Sport Training™ workouts:	
- Time-based, 5K Sport Training, 10K Sport Training	
- Distance-based	
EZ Incline™ workouts	
Daily Training™ workouts:	
- 30-minute walk, 45-minute cross-train	
- 3-mile (4.8 km) jog	
10,000 steps	
Weight loss	
My Workouts™ programs: save start-up information and favorite programs	
My Treadmill user profiles	
My Own Custom Workout: create workouts	
Distance goal, Time in Zone goal, Calories goal	
Speed interval training, Pace mode	
DISPLAY READOUTS	
Workout feedback:	
- Elapsed time, distance, speed, incline, heart rate, calories per hour, calories, time in heart rate zone	
- Pace	
Workout feedback display: 12.1" (30.7 cm) commercial-grade LCD with touch screen buttons	
Deluxe 16-character LED message center	
Workout Profile™ display:	
- 10" x 24" LED display showing workout progress	
- 7" x 15" LED display showing workout progress	
Control Pad User Console	
SPECIAL FEATURES	
Frame:	
- Commercial-grade rolled steel frame	
- 2" x 5" (5.08 cm x 12.7 cm) robotically welded steel frame	
- 1.5" x 3" (3.8 cm x 7.6 cm) robotically welded steel frame	
Speed: 0.5–12 mph (0.8–20 kph)*	
Incline: 0–15%	
Motor system:	
- 4.0 HP AC commercial-grade motor system	
- 3.0 HP Continuous Duty DC MagnaDrive™ motor system	
Motor controller:	
- Commercial-grade controller, Life Fitness-designed microprocessor-based PWM controller	
- Life Fitness-designed microprocessor-based PWM controller	
Deck:	
- 5/8" commercial grade isocyanide	
- 3/4" commercial grade isocyanide	
- 3/4" medium density fiberboard	

● Standard — Unavailable

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\*Actual top speeds may vary based on user weight.

Specifications

T-Series TREADMILLS

SPECIAL FEATURES (CONT.)	
Deck shock absorption:	
- FlexDeck® shock absorption system	
- FlexDeck® <i>Select</i> adjustable shock absorption system with three firmness settings	
Handrails:	
- Commercial-grade handrails and front Ergo™ bar	
- Side handrails and front Ergo™ bar	
Belt:	
- 60" L x 20" W multi-ply, pre-lubricated (153 cm x 51 cm)	
- 60" L x 22" W multi-ply, pre-lubricated (153 cm x 56 cm)	
- 58" L x 20" W multi-ply, pre-lubricated (147 cm x 51 cm)	
Rollers:	
- 3.5" (9 cm) commercial grade precision-crowned	
- 2.5" (6 cm) precision-crowned	
- 2.0" (5 cm) precision-crowned	
GoSystem™ one-touch Quick Start	
GoSystem™ speed presets	
GoSystem™ incline presets	
TouchSensor™ keys with blue LED backlighting	
On-the-Fly programming	
Cool Down mode	
Accessory tray/reading rack	
TECHNICAL SPECIFICATIONS	
Power requirements: all major voltage configurations	
Maximum user weight	
Unit length	
Unit width	
Unit height	
Unit weight	
Safety: CE, CEN, CSA, TUV, UL certified	
Warranty:	
- Lifetime on frame and LifeSpring™ shock absorbers	
- Lifetime on motor	
- 10-year on motor	
- 10-year on electrical and mechanical parts (2-year on electrical parts for LCD)	
- 7-year on electrical and mechanical parts	
- 5-year on electrical and mechanical parts	
- 1-year on labor (warranties outside the U.S. may vary)	

Specifications are subject to change.

Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a T-Series Treadmill made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide. Learn more about the advantages of ownership. Visit our website at [LIFEFITNESS.COM](http://LIFEFITNESS.COM).

● Standard — Unavailable

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